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14 April 2011

PRESS RELEASE

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Specialist Money Advice for People with Mental Health Problems

South Derbyshire Citizens Advice Bureau has secured 12 months funding from the Lloyds TSB Foundation to provide a new dedicated money advice service for people with mental health problems. This new service is a free, confidential, impartial and independent and aims to relieve the additional burden that debt problems can cause to people experiencing mental illness.

The service will be provided by Harinder Kaur, a money adviser who has many years experience of helping people with mental health problems. "I am really pleased to be delivering this advice service", said Harinder. "When people are feeling low and unwell it can be difficult for them to keep on top of their finances. South Derbyshire Citizens Advice bureau recognizes that people with mental health problems need a bit more support from time to time and this new service will allow us to dedicate the time to support people properly".

Over the years South Derbyshire Citizens Advice Bureau has successfully challenged the legality of debts, provided court representation, negotiated repayment plans and generally supported people to manage their finances more effectively. "We have found that by assisting clients to resolve their debt problems we are able to reduce the stress and anxiety they have been experiencing. By reducing these symptoms we have visibly seen clients mental wellbeing and confidence improve" stated Harinder.

People with mental health problems are often living on low incomes and may not be aware of the full range of welfare benefits available to them. As well as looking at debts South Derbyshire Citizens Advice Bureau will identify ways for clients to increase their income. "It is surprising how many people do not realize they may be entitled to Disability Living Allowance or other benefits to help improve their living standards" said Harinder. "We want to make sure therefore that everyone is getting their correct benefit entitlements"

Anyone interested in finding out more about this great new service or wishing to make an appointment should contact South Derbyshire Citizens Advice Bureau directly 01283 210107 or via referral from Support Workers at Bankgate, Bank House and P3. Appointments take place at the bureau in Church Gresley.

Ends

Notes to editors

1. The Citizens Advice service helps people resolve their legal, money and other problems by providing information and advice, and by influencing policy makers.
2. The advice provided by the Citizens Advice is free, independent, confidential and impartial, and available to everyone regardless of race, sex, disability, sexuality or nationality.
3. Most Citizens Advice service staff are trained volunteers, working at nearly 3,400 service outlets across England and Wales.
4. Advice and information www.adviceguide.org.uk. Volunteer hotline 08541 264 264.
5. For more information please contact Lynsey Hornsby, 01283 210108, lhornsby@southderbyshirecab.org.uk.